

tragedies that we saw on Amtrak last week.

#### RECOGNIZING MAX DEMBY

The SPEAKER pro tempore. The Chair recognizes the gentleman from Colorado (Mr. TIPTON) for 5 minutes.

Mr. TIPTON. Mr. Speaker, I rise today to honor Mr. Max Demby. Mr. Demby is a former congressional intern from my office, a University of Colorado senior, and an outstanding young man of character who was recently recognized by his community and local police for an act of heroism when he stopped a sexual assault in progress on his school campus.

Mr. Demby, who is from Cortez, Colorado, is a dedicated student, pursuing a degree in accounting at CU. He fills his time outside of the classroom with extracurricular activities such as internships and also works as a Ralpie handler at CU, which involves helping to manage the school mascot.

Late one evening, Mr. Demby was walking on campus when he happened to come across what looked to be an attempted sexual assault. Acting with bravery and determination, Mr. Demby took action and ran off the attacker.

Referencing the confrontation with the attacker, Mr. Demby humbly stated: "I was able to be in the right place at the right time and do the right thing." By intervening, Max put himself in harm's way to help the victim, and his act of selflessness drastically reduced the irreparable damage that the criminal was intent on causing.

Mr. Speaker, Mr. Demby's selfless act should not go unnoticed. He serves as an admirable example of what young men of character should be. By putting others before himself and by intervening to stop a crime without hesitation, he made his community and campus a safer place.

On behalf of the Third Congressional District and the State of Colorado, I would like to thank Mr. Demby for his selfless act of bravery.

#### HUNGER AMONG SENIORS GROWING IN AMERICA

The SPEAKER pro tempore. The Chair recognizes the gentleman from Massachusetts (Mr. MCGOVERN) for 5 minutes.

Mr. MCGOVERN. Mr. Speaker, at the end of March, I had the privilege of spending some time with the Highland Valley Elder Services' Meals on Wheels program in Northampton, Massachusetts, as part of their "March for Meals Month" to raise awareness about senior hunger.

I began my visit in the kitchen at the Walter Salvo Elder House, where an average of 550 healthy meals are prepared from scratch every weekday for delivery to homebound seniors and disabled residents of Hampshire County.

I had the opportunity to chat with Highland Valley director Allan Ouimet and nutrition program director Nancy

Mathers. Then I helped volunteer driver Arthur Mongeon pack up the day's meals in insulated coolers to keep the food hot. This day's meal was home-made chicken covered in gravy, mashed potatoes, green beans, cranberry sauce, applesauce, and milk. The food looked and smelled delicious and reminded me of what my grandmother used to make.

I joined Arthur on his normal N1 route, making stops at 15 homes in Northampton. At each stop, I had the opportunity to deliver the meal and chat with the residents. It was an eye-opening experience, and I thoroughly enjoyed hearing people's stories.

Each meal delivered contains one-third of the daily nutritional recommendations. For many individuals, the meal they receive from Meals on Wheels is the only well-balanced meal they eat all day.

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The individuals who receive these meals are low-income and often have significant health challenges that make it simply too difficult to prepare a full meal, never mind going out to the grocery store to shop.

Mr. Speaker, one of the most interesting things I learned from my visit is that Meals on Wheels is so much more than just a meals program. People who are homebound—many, who live alone—look forward to the brief, daily visits from the volunteers. These visits lift their spirits and allow them to socialize, and volunteers can check in and see how they are doing. Because of programs like Meals on Wheels, seniors can stay in their own homes where they are most comfortable and live independently longer.

Mr. Speaker, when we talk about food insecurity in this country, nearly everybody talks about children, and we are right to want to do everything we can to end childhood hunger. But lost in that narrative is the reality that, among the food insecure, the rising population is seniors. One in twelve seniors in our country is faced with the reality of hunger. That is 5.3 million seniors who don't have enough to eat. Many are living on fixed incomes that often force them to choose between prescriptions and food—or paying their medical bills or heating their homes.

Seniors and the disabled represent about 20 percent of those who receive Supplemental Nutrition Assistance Program, or SNAP, benefits. The average SNAP benefit for households with seniors is a meager \$134 per month. Unfortunately, we also know that eligible elderly households are much less likely to participate in SNAP than other eligible households. Many seniors may not realize that they qualify for assistance, or they may simply be reluctant to ask for help.

Seniors have unique nutritional needs. Hunger is especially dangerous for seniors and can exacerbate underlying medical conditions. Food-insecure seniors are at increased risk for

conditions like depression, heart attack, diabetes, and high blood pressure.

Mr. Speaker, May is Older Americans Month, and national organizations like Feeding America, the nationwide network of food banks, are focused on raising awareness about senior hunger through their #solveseniorhunger social media campaign.

In July, we will celebrate the 50th anniversary of the Older Americans Act, which provides a range of critical services, including Meals on Wheels, that enable about 11 million older adults to stay independent as long as possible. To honor that significant anniversary, I hope that Congress will pass a strong reauthorization of OAA programs, which have been flat-funded over the past decade and without a long-term authorization since 2011. Demand for OAA programs and services continues to rapidly increase as our population ages, and to think that more and more seniors will experience hunger is heartbreaking. It is unacceptable in this country.

Mr. Speaker, I am proud to represent the wonderful people and the work that they do at Highland Valley Elder Services throughout western Massachusetts. Every day they are making the lives of seniors a little better and a little brighter. We in Congress should do our part to ensure that our Nation's seniors don't go hungry. We should pass a strong reauthorization of the Older Americans Act and adequately fund programs like Meals on Wheels, and we should reject harmful cuts to SNAP that will disproportionately harm the most vulnerable among us: children, seniors, and the disabled.

Mr. Speaker, we should urge the White House to hold a White House Conference on Food, Nutrition, and Hunger to come up with a comprehensive plan to end hunger once and for all in this country. We can and we should end hunger now.

#### PROTECTING SOCIAL SECURITY PROGRAMS FOR FUTURE GENERATIONS

The SPEAKER pro tempore. The Chair recognizes the gentleman from New York (Mr. REED) for 5 minutes.

Mr. REED. Mr. Speaker, I rise today to highlight an issue that is coming upon us very quickly.

Mr. Speaker, many people across the Nation have talked about Social Security and Medicare and the trust funds going bankrupt for the retirement fund and Medicare sometime in 2033, 2034, but, Mr. Speaker, there is a more impending crisis coming down upon us. The Social Security disability trust fund is scheduled to go insolvent in 2016. That means, if we do nothing, what is going to happen in 2016 is millions of Americans across this Nation who receive those lifesaving disability benefits monthly will see a reduction in their benefits to the tune of 20 to 21 percent. That is unacceptable, Mr. Speaker.